



# Communication and Autism Team (CAT)

## Fun sensory-based activities to try at home.

Many autistic children and young people enjoy sensory-based activities. Here are some ideas to help you do things together while you are at home:

- Make letters, words and numbers in shaving foam, sand or with playdough. You can find recipes to make playdough online. Jazz it up by adding scent or glitter!
- Spider web walk – use masking tape to make a spider web on the floor. Put letters on joins to make words, or make into maths calculations.
- Use Nerf guns to shoot at post its on the wall with letters or answers to questions.
- Guess the smell game.
- Hide objects in a feely box or bag. Guess the objects.
- Animal movement activities.
- Hopscotch.
- Chalk pictures on paving stones.
- Use paint to do handprints or footprints. Fill a balloon with water, dip in paint and use to print. Print with paint and plastic letters and numbers.
- Pouring activities out of jugs and pots – outside, in the kitchen sink, or in the bath.
- Sensory treasure hunt. Hide pots around the house or garden with different things to feel inside for your child to find.

